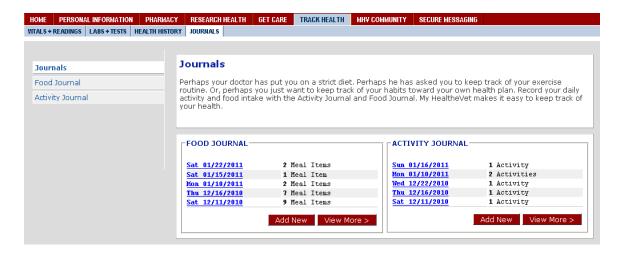
## Getting the Most Out of My HealtheVet

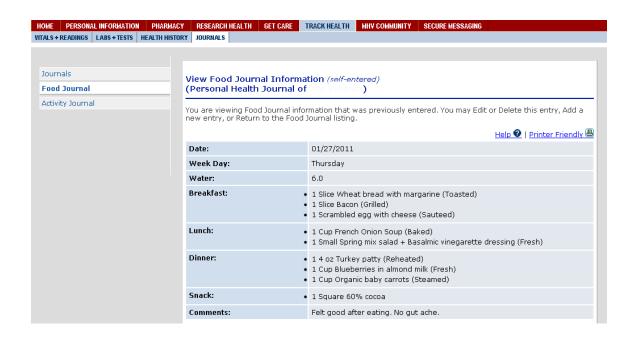
Your health care team wants to work with you to help you reach your goals. Talk with your health care team about what is right for you. Decide where you can improve your health. Then use My HealtheVet to help you get it done.

For example, if you have a chronic illness, you are more likely to live healthy with your chronic illness if you eat the right foods, are active, and get enough sleep. To learn more about keeping a balance between what you eat and drink, how active you are, and getting the sleep you need, visit the <a href="Healthy Living">Healthy Living</a>. Once you understand what you can do to live healthy, as a registered user you can use Track Health.



If you decide to keep track of what you eat and drink, you can use the Food Journal. If you decide to keep track of your activities and your sleep, you can use the Activity Journal.

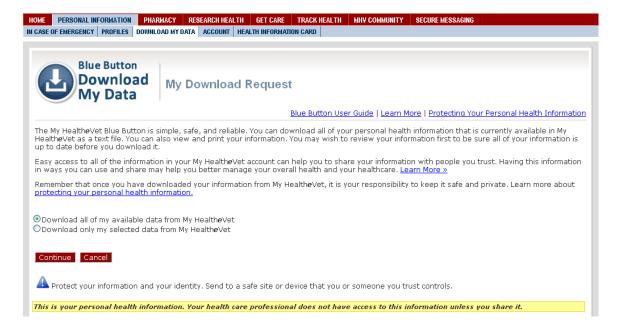








You can also download your personal information stored in My HealtheVet from the *Blue Button*. This makes it possible for you to view, print, or save your health information currently available in My HealtheVet.



There are many ways you can downlo download, or both.	ad your information. You can choo	se a date range, select the types of information you wish to include in your	
Select Date Range			
OAll Date Ranges Select Date Range			
Start Date:	Dec ♥ 27 ♥ 2010 ♥	Dec ♥ 27 ♥ 2010 ♥ ■	
End Date:	Jan ♥ 27 ♥ 2011 ♥	Jan ₩ 27 ₩ 2011 ₩	
Select Types of Information			
OAll Types of Information ● Select one or more types of inform	nation		
Health Care Providers Treatment Facilities Health Insurance VA Wellness Reminders* VA Appointments* (Future) VA Appointments* (Limited to past 2 years) VA Medication History (2 years unless date range selected) Medications and Supplements			
* Requires an <u>upgraded account</u> .			
Submit Reset Cancel			
A Protect your information and you	ır identity. Send to a safe site or dı	evice that you or someone you trust controls.	

My HealtheVet gives you one place to view your health information. This is most powerful when you are a VA patient with an <u>enhanced account</u>. If you are enrolled in a VA facility, registered on My HealtheVet and have an enhanced account, you can:

- refill your VA prescriptions online by viewing your medication names
- get VA Wellness Reminders
- see your VA Appointments
- when available, participate in Secure Messaging with your health care team\*

## Learn More

## Read:

- <u>Healthy Eating</u> (*My HealtheVet*) advice on how to get started and maintain healthy eating that is safe and beneficial to your health.
- <u>Physical Activity</u> (*My HealtheVet*) how to set goals, how to track your progress, and how to continue with physical activity that will help you feel great and also benefit your health.
- <u>Healthy Sleep</u> (*My HealtheVet*) how to get started and maintain sleep that is safe and beneficial to your health.
- <u>Track Health</u> (*My HealtheVet*) allows a <u>registered user</u> to record and track your health information in one convenient location. You can keep track of your diet and exercise in the Journals section. My HealtheVet provides dozens of ways to help you manage your health. Start tracking your healthy living activities!
- Start the New Year with a Healthy Eating Plan (My Healthe Vet)

<sup>\*</sup> Available now at some VA clinics and coming to others throughout 2011

• <u>VA Patients: Learn More about Upgrading Your My HealtheVet Account</u> (*My HealtheVet*)